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THURSDAY, FEBRUARY 13, 2014

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# INPORTNEWS

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■ 24-HOUR CHALLENGE: Niagarans behind Internet stunts that require shivers, suds and skivvies

# Cold beer videos create buzz

MARYVANNE FIRTH/ QMI AGENCY NIAGARA

Mark Lucas, creator of the 24-Hour Challenge Facebook page, and Heather Lavigne, organizer of the 24-Hour Challenge for Matt Risi, are hoping to see hundreds of people at Port Robinson Park on Feb. 17 for a massive game of dodgeball. Participants are asked to play in their underwear or bathing suits.



MARYVANNE FIRTH  
QMI Agency Niagara

It just snowballed.

When Mark Lucas created the 24-Hour Challenge Facebook page a week ago, he had no idea how quickly its popularity would grow — or how far it would spread.

In those few days, the challenge has stretched across the country with videos of Canadians from nearly every province popping up online.

The concept of the challenge, created by a group of friends from Niagara Falls and Thorold, is simple.

As a means of defying winter, Canucks are asked to film themselves outside in their under-

wear or bathing suit performing a stunt or activity of their choice.

They're asked to celebrate completion of the stunt by chugging a beer or other beverage. Then they have to make three nominations of their own, giving nominees 24 hours to complete the challenge.

"It's an offshoot from other challenges around the world," Lucas said.

"But this is the Canadian version."

He believes Niagarans should take pride in knowing the craze, which could spread worldwide the way it is going, began in the region.

See 24-HOUR | Page 2



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# LOCAL NEWS

■ **24-HOUR CHALLENGE:** Warning issued at the risk of being 'killyoj's'

## Health officials not sold

MARYANNE FIRTH  
QMI Agency Niagara

It may be all in good fun, but some concerns have been raised about the 24-Hour Challenge that has been sweeping the nation.

Created by a group of friends from Niagara Falls and Thorold, it asks Canadians to film themselves outside in their underwear or bathing suit performing a stunt or activity of their choice. They're asked to celebrate completing the stunt by chugging a beer or other

beverage.

The video is then posted to the 24-Hour Challenge Facebook page.

We have to say — this is not a good thing," Bill Hunter said in reaction to news of the challenge.

The Niagara Region manager of environmental health said it "only takes a drop of one or two degrees in body temperature to cause complications."

Anyone with a pre-existing health condition who might participate in the challenge

should first consult a family physician, he said.

"If you're still going to go ahead with it, really limit the time you're spending outside as much as possible."

Hunter recommended having blankets and hot drinks, preferably without caffeine, on hand and discouraged consuming alcohol before or after.

"Your body's a lot smarter than you think. It sends a message to you," he said.

"That tingling in your fingers and cold feeling on the end of your nose is a warning to find

shelter, he said, but "alcohol can reduce your recognition of those symptoms."

"Our advice in the winter is to put more clothes on, not to take them off."

The creator of the Facebook page, Mark Lucas, has been quick to stress the challenge is not meant to impede anyone's safety.

"We want to send the right message. We don't want to see anything happen to anyone," said the 34-year-old Thorold resident.

Lucas said he did see one "shocking" video on the

Facebook page that included a man swimming underneath ice in freezing-cold water from one hole to another.

"That could've gone really wrong, really fast," Lucas said, adding the stunts chosen should not put anyone's safety at risk.

"Doing a snow angel for 10 seconds is good enough for me," he said. "We don't want to see anyone get hurt."

While the challenge does encourage participants to have a beer afterward, Lucas said its creators do not condone under-age or binge

drinking.

"Friendly competition can be fun, but when we subject ourselves or others to situations where someone can get seriously injured it is a concern," said Niagara Regional Police Const. Derek Watson.

"It comes down to drinking responsibly and making smart decisions that will keep you from landing in jail or a hospital bed."

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Twitter: @mfirthtribune

■ **24-HOUR**

## Cold-weather stunt has created worldwide buzz

Continued from Page 1

Some of the videos posted thus far include nominees walking a dog, shovelling a driveway or even pumping gas in their gitch, said the 34-year-old Thorold resident, a self-proclaimed "big kid at heart."

Some videos feature raw footage while others have been edited to include music and special effects.

"We had no idea what this would turn into. It has just blown up," he said with a laugh.

In the week since its inception, several hundred videos have been posted on the page, which has more than 8,000 members.

"It has really gathered momentum," Lucas said.

"It's all about saying, 'forget the polar vortex. We're Canadian. We're not afraid of the cold.'"

With the perfect storm of social media and winter boredom continuing to draw attention, it was decided the challenge should be used to help someone locally, Lucas said.

Heather Lavigne is one of a group of people who have

**“We had no idea what this would turn into. It has just blown up.”**

Mark Lucas

planned a large-scale challenge — a dodgeball game on Family Day, Feb. 17, in support of fellow Thorold native Matt Risi.

The 26-year-old is undergoing treatment in the U.S. for Lyme disease at an estimated cost of \$80,000. The fundraiser will assist with Risi's medical bills.

Though Lavigne doesn't know Risi, she thought it would be fitting that a challenge created in Thorold assisted a Thorold resident.

The 24-Hour Challenge for Matt Risi will have participants play dodgeball in their "challenge gear," otherwise known as underwear or bathing suits.

The game is set for Port Robinson Park, on River St. at 3 p.m.

After some fun in the

snow, the group will head to Stevie Nic's Bar and Grill, 10 River St., where there will be prizes raffled off in support of the cause. The bar has agreed to donate 10% of the day's earnings to Risi, Lavigne said.

"So far, we've had about 170 RSVPs," she said, unsure of how many will brave the cold for a round of play.

Organizers are seeking prize donations to assist the cause, and monetary donations can be made to Risi online at [www.youcaring.com/medical-fundraiser/mattew-s-war-on-chronic-lyme-disease/118917/donate+pp](http://www.youcaring.com/medical-fundraiser/mattew-s-war-on-chronic-lyme-disease/118917/donate+pp).

To donate a prize, contact Lavigne at [matrtisi24hour@hotmail.com](mailto:matrtisi24hour@hotmail.com).

Risi's family has raised about \$18,000 of the roughly \$80,000 needed for treatment, Lavigne said.

"We just want to let people know that every little bit helps."

For more information on the 24-Hour Challenge, visit [www.facebook.com/groups/226228057501164](http://www.facebook.com/groups/226228057501164).

maryanne.firth@sunmedia.ca



MARYANNE FIRTH/QMI AGENCY NIAGARA

Mark Lucas, creator of the 24-Hour Challenge Facebook page, and Heather Lavigne, organizer of the 24-Hour Challenge for Matt Risi, are hoping to see hundreds of people at Port Robinson Park on Feb. 17 for a massive game of dodgeball. Participants are asked to play in their underwear or bathing suits.

## LOCAL NEWS

■ MINOR SPORTS: New \$12 program mandatory for every family with a child registered

## Minor hockey parents go to school

SHAWN JEFFORDS  
QMI Agency

Go into any arena with a minor hockey game and chances are, Sam Steinbachs says, you'll eventually see a parent say or do something they shouldn't.

"It's almost more exciting to watch some of the parents than it is the game," says Steinbachs of Niagara Falls, who has a seven-year-old son in a house league.

It's why Steinbachs isn't bothered by a new mandatory training program being rolled out by the Ontario Minor Hockey Association requiring one parent or guardian of every player to complete a Respect in Sport online course.

"I don't think the courses are going to make a huge difference. I still think you're going to have the problem, but it will give some people a little refresher course on how to act in the arena," he said.

The online course, which costs \$12 plus tax to complete, is a one-time certification tool that's supposed to encourage positive behaviour. But its implementation hasn't gone over well with everyone.

An Oakville dad says Ontario's largest minor hockey organization is punishing good parents while not dealing with the hoologans who go overboard at the rink.

Judd Langley, who has two children playing the game, said the OMHA alerted parents last week to the rollout of the man-

datory Respect in Hockey program.

At least one parent must view the hour-long program by Aug. 31 or their child will not be added to a league roster.

"It seems to me they're punishing everyone for a very small minority of parents they aren't going to reach anyway," he said. "I don't think a parent who is a problem sees themselves as a problem. A course isn't going to stop them."

Langley said he thinks the program, delivered by the Respect Group co-founded by former National Hockey League player and abuse survivor Sheldon Kennedy, is "well-meaning" but doesn't address the need to remove problem parents.

"It's not going to fix everything. It never will. Inevitably, when another parent goes and acts like a fool, what are they going to do next? Are they going to ban parents from watching?"

The fee also concerns Langley, who said costs are already substantial for equipment and registration.

Garden City Minor Hockey Association president Steve Secore said he's just starting to get feedback from parents about the requirement.

"Most people see it as a cash grab," he said, adding \$12 is a lot of money.

But Secore said it's a one-time deal and lets the association know all players' parents and guardians have been warned about their behaviour.

"It takes a little bit of the liability off of the associations when it comes to disciplining parents."

Secore said there are about 1,200 children in St. Catharines playing minor hockey. Most parents are well behaved, he said.

"We're not bad to be honest. On a scale of one to 10, I'd put St. Catharines at eight," he said. "We've had our few we have to discipline internally."

The OMHA adopted the initiative at its annual general meeting in early 2013 and has spent the past year slowly rolling it out. The course is already mandatory in Alberta, all Atlantic provinces and parts of Saskatchewan and British Columbia.

Kevin Hamilton, manager of development programs for the OMHA, acknowledges they have received complaints, but the association thinks it can help change the culture of the game.

"You've seen the types of behaviours people can exhibit when they get into the arena," Hamilton said. "That's from folks who are generally reasonable people outside of the rink ... We know the majority of our parents are good. We're hoping to make them better and give them more tools to help. We're hopeful it will set a higher expectation of what our standards are in our game."

Hamilton said the course helps good parents gain the ability to stand up to problem parents.

"We're hoping, also, people are going to feel empowered, not only the ones who don't

child, hazing, bullying and concussions. He likens it to "Sport Parenting 101," as opposed to a licensing scheme.

There was negative feedback when the program launched in other provinces, McNeil says, but it diminished after parents took the course.

McNeil said the OMHA has not decided what it will do if parents refuse to take the course. But he thinks the program, like all change, will take time to accept.

— with files from Karissa Walter

shawn.jeffords@sumedia.ca



QMI AGENCY NIAGARA FILE PHOTO

Minor hockey players compete, in this file photo.

need the message but the people who do need the message," he said.

Wayne McNeil, who co-founded the for-profit Respect Group in St. Catharines, says the program isn't designed to remove or punish problem parents.

"We've never deal with the problem parents," he says. "Our approach is if we have every parent better, the problem parents will have less of a say and they may be quelled much sooner by all the other good parents who now have the knowledge."

McNeil says the course also covers topics like long-term player development, parental expectations of their

■ THEATRE

## Music Man in Port

Port Colborne Operatic Society is close to presenting The Music Man.

The show dates for 2014 are Feb. 15 at 7:30 p.m., Feb. 16 at 2 p.m., Feb. 22 at 7:30 p.m., Feb. 23 at 2 p.m., Feb. 28 at 7:30 p.m., March 1 at 7:30 p.m., March 2 at 2 p.m.

Opening night will include a meet-and-greet with the cast.

Tickets are on sale Monday to Friday 9 a.m. to 4:30 p.m. (closed from

noon until 1 p.m.), Saturdays, Feb. 8, 15, 22 and March 1 from 10 a.m. to 2 p.m.

Tickets can be purchased by telephone at 905-634-7372 or at the Roseawen Box Office at 286 Fielden Ave.

Pricing is \$20 and the option of gift certificates are available.

The society has been doing an annual production since 1945, typi-

cally with more than 70 performers on stage and more than 50 people behind the scenes.

All proceeds over production cost go to scholarships and charities.

Rehearsals are Wednesday evenings and Sunday afternoons at its 600-seat theatre located at Lakeshore Catholic High School auditorium.

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# IMPORT NEWS

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## ■ readers' views

### DON'T BUILD TURBINES HERE

With wind turbines where they won't affect property values, Rankin Construction's wind energy division doesn't have the foresight on what lower property values can do to a struggling economy in the Niagara region. The banks and lenders from Toronto already have a bad opinion of low land values here, and they pay for it. To add wind turbines to the skylines after complete studies have been done about loss of home equity is morally and corporately irresponsible. The 2012 study by Landisk Appraisals and Consulting shows a multitude of property assessments across Ontario before and after wind turbine installation. It shows devaluation between 22% and 56%. Even if this only affects 20 to 30 families, you have still changed or prevented economic expansion in the area for the long term. There's an old bylaw, the good neighbour fence bylaw, that states a backyard fence can be any height as long as the parties involved agree to it. If any one party doesn't agree to the super size, the fence cannot be built. I'm still waiting for Tom Rankin to see if he can put a wind turbine the same size as a Boeing 747 jumbo jet in my backyard.

TODD HARRIS  
WAINFLEET

### SUPPORTING A LOCAL BUSINESS

The new proposal by Call2Recycle in the recycling of single-use materials would affect the operation of Raw Materials Co. in Port Colborne. We appreciate that Waste Diversion Ontario's mandate requires them to review any plan submitted by an industry group wanting to take direct responsibility for recycling its products. Call2Recycle, an organization sponsored by major waste companies, is requesting WDO to manage battery collections and choose the recycling processor. There are legitimate concerns that Call2Recycle would choose an American where much of the processed material ends up as slag. Raw Materials Co. recycles 80-92% of single-use batteries into high-value re-usable materials such as steel and fertilizer while the remaining paper and plastic is sent to a New York State "energy from waste facility." For some to suggest creating slag is "as good or better" than Raw Materials Co.'s high value recycling byproducts of steel and fertilizer is hard to comprehend. Raw Materials Co. has recycled batteries for 20 years and since 2011 has invested \$3 million into recycling technology. This company has developed a successful world-class operation meeting high provincial recycling standards yet now its very existence is in jeopardy. The possible loss of 47 jobs is a consequence our economically depressed community can ill afford. Why is Waste Diversion Ontario even considering the proposal at all when the provincial government's Waste Reduction Act addressing new, progressive standards is currently at second reading. Would it not be prudent to wait until the new legislation is in place before continuing with further review of the proposal?

JOHN MALONEY, PRESIDENT  
PORT COLBORNE-WAINFLEET CHAMBER OF COMMERCE

TRY WATSON  
Special to The Standard

**E**arlier this week, a video of violent attacks against the lesbian, gay, bisexual and transgender community in Russia was made public through social media sites.

These human rights violations are very real and very disturbing, and the attitudes and legislation of the government and police only empower these criminals. There have been calls to boycott the winter Olympics in Sochi since Russia's anti-homosexuality laws made news. This recent video is only adding fuel to the anti-Olympic fire.

There are a lot of good reasons to be critical of the Olympics. The devastating economic, environmental and social costs, the adolescent athletes deprived of a "real" childhood, the rampant commercialization, corporate sponsorship and advertising, the contrived sentimentalism produced by network drama machines, the mindless nationalism, alleged corruption, bribes and scandals, the multimillionaire sports stars competing in one event originally designed for amateur athletes, and so on, to name a few. There are a lot of reasons to boycott the Olympics. What other event brings citizens of countries together more than the

Olympic games, especially nations that are divided and in turmoil?

Is there anything more unifying than the pride of nations during the opening ceremonies, when the countries of the world march out together in solidarity (a record 88 nations will participate in the 2014 winter games and 204 nations in the 2016 summer games in Brazil). The spirit of inclusiveness, hope and inspiration and the dedication of the athletes striving for excellence, not to mention some of the most spectacular hockey to ever be played. These are just a few of the reasons to celebrate the Olympic games.

As Baron Pierre de Coubertin, founder of the modern Olympic Games, said, "May joy and good fellowship reign, and in this manner may the Olympic torch pursue its way through ages, increasing friendliness among nations, for the understanding of a humanity always more enthusiastic, more courageous and more pure."

There are a lot of things about the current state of the Olympics that seem to transcend this original intent and spirit. But how many organizations and groups in our world would approach in this manner the Olympic Games that we so much love?

Consider the Church. This is so much wrong with the Church, but this does not diminish the original spirit — to love the Church — "to love God, to love your fellow human beings as yourself, and to and to empower others to the same."

I feel like I've eaten state haggis smothered in blue cheese that had been left to rot in the sun.

In particular, the whole anti-homosexuality that country and its Bond-villain-esque leader has been for a while is extraordinarily disconcerting.

The Kremlin appears to have looked at countries in Africa, like Uganda, that arrest and sometimes kill gay citizens for the imaginary crime of being gay and thought, "Hey, comrades, that seems pretty groovy. Let's persecute gay Russians!"

So while the world is watching the opening ceremonies in Sochi, pro-gay protesters in St. Petersburg were getting the business end of police truncheons, because public support of homosexuals is illegal. It is so bad, Canadian Olympic swimmer legend Mark Tewksbury, who is gay, said he was told by gay Canadian winter Olympians heading to Sochi they were terrified of being outed while in Russia.

Then there were the stories of people being driven from their homes to make way for the still unfinished Russian Olympic facilities, the appalling mass arrests and beatings and the apparent arrests and beating of immigrants who had been brought in to build said unfinished facilities after they were no longer needed.

This is to say nothing of the looming issue of potential violence towards the hotels for foreign visitors that redefine the term "blea bag."

(One journalist Tweeted that she was warned by hotel staff not to wash her face with water from the taps because it "con-

In spite of all the Church's problems, millions of people around the world are blessed by the generosity and love of Christians and Christian organizations everywhere. The impact states that the Olympics is a mirror for our own lives.

The essence and heart of who we are is beautiful, noble and sublime but most of our lives are checked with attitudes, behaviours and indiscretions that do not match the spirit of who we really are or the purpose for which we were created.

I empathize with the call to boycott the Olympics but consider this — how much more attention has the injustice against the LGBT community in Russia received because of Sochi hosting the Winter Games? How many athletes will take this opportunity to showcase peace and love for all and stand in solidarity with their LGBT brothers and sisters?

I have hope the Sochi winter games will allow another boundary breaking and politically provocative friendship like the one between Jesse Owens and Luz Long during the Berlin Games under Hitler's regime in 1936.

Let's hope the 2014 winter games this year with hope and faith in humanity and in the God who dwells within and among us.

Troy Watson is the Spiritual Life Director of Quest Christian Community, an alternative church in downtown St. Catharines.

# What Sochi needs is a gay Jesse Owens

tainned something very dangerous."

Now, it's true that every Olympics has scandals. The Games in my beloved Calgary had a ticket scandal. The Atlanta Summer Games had a ticket scandal and transportation problems. The Berlin Olympics had Hitler.

So you know, no country is perfect. Still, Russia's insensitively bigoted policies have turned the Sochi Olympics into a hate fest and makes me wish, anything, could be done about it.

It's a naive wish. The Olympics are apolitical for a reason. They were conceived in ancient Greece as a way for cities to come together for something positive that did not involve, you know, epic bloodshed.

So political protests are forbidden. Even something as benign as the black power salutes of the 1968 Games in Mexico resulted in athletes being expelled from the Olympics.

And we know boycotts never succeed in changing the politics of the host nation, so that was never an option.

Maybe all we can hope for in Sochi is a gay equivalent of African-American sprinter Jesse Owens.

Owens was the fastest sprinter in the Berlin Games when the whole Nazi "superior race" thing was in full swing. Owens didn't protest. He didn't fuss. He just went out on the track, demolished the competition and won gold so good he made the others be nothing but dignified stupidity.

Maybe if such an athlete exists, I might catch Olympic fever again.

grant.fafelche@sunmedia.ca

# LOCAL NEWS

## WEATHER

# Few see a wonderland in this winter

**DON FRASER**

QMI Agency Niagara

Kathy Belicki was catching a case of "winter-fluenza."

Daily weather hassles were getting to her — a long farm laneway that needed to be plowed, weeks of cold, grey and repeated snowstorms.

Belicki, a Brock University psychology professor, knew this time of year is a heavy one where she's always a little more stressed.

"But it's been more than usual," she said.

"Then it occurred to me, 'Well, it's just the winter.'"

"So on the weekend, I ... said 'Kathy, you're having a very stressful winter, don't underestimate it. Once I said that, I felt better.'"

Wednesday's dumping of about 20 cm of snow in Niagara with more nasty windchill to come adds insult to injury for many fed people up with this worst winter in years.

And while some are feeling down, people with true light-starved seasonal affective disorder are generally starting to feel better, Belicki said.

"For those with (SAD), it peaks around the end of December and the shortest days," she said. "What we see in that time is their reaction to the short days ... what we see now is the stress of the winter."

"And we're seeing it in heaps, given this unusual winter that we're just not accustomed to."

Despite the generalized winter blues, on the streets of St. Catharines Wednesday people were taking this hard winter in stride.

"It doesn't get me down too much, I grew up with six months of this every year in Saskatchewan," said financial adviser Bryan Chinn, his eyes blinking through blinding flurries.



BOB TYMCZYSZYN/QMI AGENCY NIAGARA

See **WEATHER** on Page 6

Niagara was pummeled by the snowstorm with accumulations of over 20 cm of snow and driving winds that made driving treacherous. Feb 5 2014

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# LOCAL NEWS

■ **BUSES:** 'It's not often I stand up here and tell everybody I made a mistake,' Katzman says

## Voters won't get referendum on transit service

**DOB HOULE**  
QMI Agency Niagara

Voters won't be asked if Niagara should have a region-wide transit service after all.

At least, not on the Oct. 27 municipal election ballot.

While Niagara Region councillors had voted in favour of posing the question in a referendum on election day, the issue came up for a re-vote Thursday night thanks to St. Catharines Coun. Ronna Katzman.

Katzman, who initially voted in favour of asking electors whether they support Niagara Region funding a region-wide transit service, put forth a motion for reconsideration, admitting she made a mistake when she voted Dec. 12.

"As soon as we voted that night, I realized I made a mistake," she told councillors. "And I'm sure you remember that, because it's not

often I stand up here and tell everybody I made a mistake."

In order to reconsider the matter, two-thirds of councillors were required to vote in favour. Katzman's motion for reconsideration passed 18-6, thus putting the question of the referendum to another vote.

Prior to the motion for reconsideration, council discussed a staff report from chief administrative officer Harry Schlange in which he noted a referendum was not as simple as just asking a question.

Schlange said provincial law mandates a municipal government must give public notice of its intent to create a bylaw to move forward with the ballot question. The notice, he wrote, must be concise and clearly explain the costs associated with a regional transit system and the consequences should electors vote in favour of it.

The provincial timeline for this

to be achieved, Schlange wrote, is April 30. He said in order for the Region to make the deadline, the public notice must be provided no later than March 31, and the bylaw considered and approved April 10. "It wasn't as simple as putting this on a referendum," Schlange said. "You have to have all the answers before you go forward, and we're not there yet."

Coun. Andy Petrowski expressed disappointment with the referendum process.

The report, he said, "provides some interesting information and I think will inform future councils with regards to anyone who wants to come forward and think that engaging the public is a fairly straightforward matter. Well, there's nothing obviously straightforward when all sorts of government requirements are imposed on us."

In his report, Schlange suggested



QMI AGENCY FILE PHOTO

A Niagara Region Transit bus stop sign.

a survey as another way council could gauge public opinion on the regional transit issue.

Coun. Brian Heit said those running in the municipal election could get public input while on the campaign trail "and then bring that information back to this council or their municipal council."

Coun. Debbie Zimmerman said that while she is a strong advocate of a regional transit system and initially voted in favour of putting the question to referendum, she was swayed by the CAO's advice.

"We hired a CAO to give us advice, and

I think without giving us direct advice, he's given us some very good advice," Zimmerman said. "There's a better way to do this, there's a better process, it will give more opportunity for the constituents to be engaged. They will get the type of information they need to make a right decision."

The question of holding the referendum was put to a vote again, but it was defeated 18-7.

In a moment of levity, during the recorded vote Katzman voted "Yes" in favour of the referendum before quickly catching herself and voting "No."

### ■ WEATHER

## Weather getting you down? You're not alone

From Page 5

"But I've had enough of the cold for sure."

Plowing contractor Chris Phelan, at work on William St., couldn't be happier. "This has probably been the best winter in the 13 years I've been doing this. So this has put me in a good mood."

Environment Canada senior climatologist David Phillips confirms there has been no let-up this winter.

While the amount of snow has not shattered records, "it's been about the number of days where it has fallen," he said.

In Niagara, that's meant 35 winter days with some measurable snow, when there would normally be 25.

January had 19 days where it was measurable and nine days with traces.

"Every time you look outside, you seem

to be seeing the white stuff fall," he said.

Add to that nine days so far where temperatures have slid below -20°C and it's been pure nastiness.

"So it's been cold, relentlessly so, then the ice storm... hey, there has been a lot of misery out there."

"It could be the coldest winter in 20 years."

And prepare yourself — Phillips said more winter precipitation might be on its way this weekend.

"There's enough weather misery to go around that people with seasonal affective disorder are going to have to share it with people just griping about it," he said.

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# LOCAL NEWS

## SEARCH ENGINE

# Cold crossing guards and cameras

**Q:** Today DSNB and Catholic school buses are not running due to the very cold temperatures. That means crossing guards are on duty standing in the cold for the students. Thank God for them, but what a job this year and on some of these -30°C windchill days. How do they stay warm standing in one spot for so long? What are they paid and provided for protection from the weather?

**A:** Crossing guards have endured their share of chilly mornings this winter.

In Ontario, they are employed by the municipality or a corporation on contract with the municipality.

St. Catharines city clerk Bonnie Nisticco-Dunk said the city's crossing guards are equipped with raincoats, summer "wick away" shirts and equipment, but winter coats are not provided.

However, because of the city's buying power, crossing guards can purchase winter coats at a discount from the city's supplier of clothing for outdoor workers.

St. Catharines has 78 crossing guards, with another 21 spares who can be called in.

"They receive \$30.71 a day for working a half hour before and after school and, in some cases, over lunch. Their pay goes up with CUPE staff each year.

Crossing guards are often out even when buses are cancelled to take care of kids who walk to school. Nisticco-Dunk said each crossing guard knows if there are kids on their route who walk and whether they need to be there on bus cancellation days.

"They are a great bunch," Nisticco-Dunk said. "They take it very seriously, they're there on time and early, even in this ice cold weather, which is hard."

On extreme cold weather days, Nisticco-Dunk said crossing guards can stay in their cars until they see a child coming, but it's not encouraged because

they are supposed to be visible.

**Q:** Why does Thorold Stone Rd. have video cameras when no other similar road in Niagara does? Who monitors them? Are they available to the public online anywhere?

**A:** There are two types of cameras on Thorold Stone Rd. in intersections maintained by the Region's traffic gurus.

Both types of cameras have different purposes, explained Nick Rosati, supervisor of traffic systems for the Region. Neither records footage.

Fixed, stationary video detection cameras are pointed at stop bars — those white painted lines on the ground. Detection cameras send a signal to the traffic light controller, letting it know someone is waiting at a red light and it's time to switch to green. Normally, this communication is made with sensors in the road, but sometimes due to cost or poor pavement conditions, the Region uses cameras instead.

There are 60-80 intersections across Niagara with video detection cameras.

The other, less common type of camera, is a tilt, pan and zoom model. They are used for traffic surveillance in special situations.

Rosati said Thorold Stone Rd. has the cameras in five intersections because it's a major detour route for QEW closures. Staff can monitor the traffic from Regional headquarters and adjust the signals on the fly. For instance, if Montrose Rd. northbound is clogged up, staff can add more time to the northbound green lights and reduce the greens for east and westbound traffic.

Tilt, pan and zoom cameras were recently installed on Fourth Ave. in St. Catharines by the hospital, where traffic is diverted if Hwy 406 is closed.

While the tilt cameras aren't elsewhere, Rosati said there are hopes to expand them to Lundy's Lane and near the casino.

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# LOCAL NEWS

## HORSE RACING

# Race track gets reprieve

## Wynne announces full funding for 2014 season

SARAH FERGUSON  
QMI Agency Niagara

The Fort Erie Race Track will see a 2014 racing season after all, Premier Kathleen Wynne announced Friday.

Although he is pleased Fort Erie's 116-year-old racetrack will come alive once the horse racing season begins, PC leader Tim Hudak said Wynne's announcement the season will go ahead is linked to the Feb. 13 by-election.

The future of Fort Erie's track has been grim after a three-party panel suggested dropping the track from the list of regularly funded racetracks.

The Fort Erie Live Racing Consortium developed a plan for the Year of the Horse Festival in response to a new five-year, \$4-million sustainability plan for the Ontario horse-racing industry outlined by Premier Kathleen Wynne last October in an effort to save the racetrack.

Track officials are still waiting for the green light from the province to move forward with the festival.

Hudak said the premier is only spending this money

**We are proud to have stood shoulder-to-shoulder with these groups from day one. hey didn't stop and weren't going to stop and now the people of Fort Erie got their track back. We're happy to support them and will continue to support the people of Fort Erie long after this byelection is over"**

NDP candidate Wayne Gates

because she is in campaign mode.

Hudak went on to blame NDP Leader Andrea Horwath for her support of the Liberal budget.

"It was the weak and indecisive leadership of the NDP that allowed the slots to be taken out of the Fort Erie racetrack. They're the ones that supported that budget," Hudak said. "Half of those job losses are on Andros Horwath's back."

Hudak said a long-term solution, which includes putting the slots-at-racetrack program back, is important for the sustainability of the Fort Erie Race Track.

In a press release, Liberal candidate Joyce Morocco said she is

"delighted" with the news the racetrack will see another season.

"As I've said this all along, Premier Kathleen Wynne was crystal clear that there was a sustainable future for the track and the hundreds of local jobs," she added.

Morocco said she met with Wynne, Fort Erie Mayor Doug Martin and Economic Development and Tourism general manager Jim Thibert to "find a sustainable path forward for jobs" in Fort Erie.

After months of months of "constant pressure" on the Liberals from horse racing families, Fort Erie council and Thibert,

NDP candidate Wayne Gates said in a press release the provincial government has finally listened.

"We are proud to have stood shoulder-to-shoulder with these groups from day one," Gates said.

"They didn't stop and weren't going to stop and now they're going to stop and get their track back. We're happy to support them and will continue to support the people of Fort Erie long after this by-election is over," he added.

Thibert said he couldn't speak about the details of the new season as they are in the process of being finalized over the course

of the next few weeks.

Friday's announcement that the racing season will go ahead is important to let horse trainers and jockeys know there will be a racing season this year.

"The 13 and the 13 aren't dotted. We still have to go through the usual process we've gone through in the past, but now we can let horsemen know to go ahead and pick up their stall applications," Thibert said.

In a letter posted on the Ontario Racing Commission's website, John Snobelen, one of the individuals responsible for implementing the Ontario Horseracing Partnership Plan, let Wynne know that the money

has been secured for a full racing season at the Fort Erie Race Track.

"I wanted her to know a core product has been put together and the Horsemens' Benevolent and Protective Association of Ontario has been working with Woodbine and Fort Erie over the last month or so," he said.

Snobelen said he is confident there is "enough money to keep the two places going" and the Fort Erie Live Racing Consortium is expected to meet with provincial agencies to discuss the 2014 season funding.

The 2014 race season will be similar to last year's season with about 40 race days, he said.

"I'm working hard to get a racing calendar before the end of February. The timing of the letter (Friday) allows time for horse trainers to make decisions about where they will go to race as training starts in March," Snobelen added.

— With files from Antonella Russo

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# LOCAL NEWS

■ CRIME

## Man jailed for human trafficking

ALISON LANGLEY  
QMI Agency Niagara

He controlled every aspect of her life and threatened to kill her family if she didn't sell her body to strangers.

Correll Slawter forced the 17-year-old girl to work as a prostitute for more than four months before Niagara Regional Police arrested him on a human trafficking charge.

The 27-year-old was sentenced to two years in jail less a day after pleading guilty in an Ontario Court of Justice in St. Catharines to a charge of exercising control over the movements of

a person for the purpose of exploitation.

Slawter was also placed on probation for two years and has been added to the national sex offender registry.

Court was told Slawter exercised strict control over the girl's life, including what she wore and when she could contact her family.

"The accused controlled every aspect of her life," assistant Crown attorney Andrew Brown told Judge David Harris.

The girl met Slawter in December 2011 through a mutual acquaintance. He pursued the girl and began to discuss his involvement

in the sex industry.

Initially, the girl showed no interest in participating. In the clandestine sex trade, court was told, so Slawter threatened to kill the victim and her family.

Between December 2011 and April 2012, he forced the girl to work as a prostitute at motels, hotels and private residences in Niagara Falls.

"Once the customer left the room, the accused would enter and hold out his empty palm and this was the victim's opportunity to turn over all the money that she had made," Brown said.

The victim estimates she handed more than \$5,000 to

Slawter over the four-month period.

Slawter maintained he thought the girl was 18.

Also in court, Slawter pleaded guilty to two counts of assault in connection with an incident that occurred in May 2013 at the Niagara Detention Centre.

Slawter, an inmate at the Thorold facility at the time, punched a corrections officer in the face and bit the finger of the second officer when the men tried to subdue him.

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# LOCA NEWS

■ **POLICE:** One passenger died, another was hurt when thrown from vehicle onto QEW

## Driver faces murder charge

**BILL SAWCHUK**  
QMI Agency Niagara

Police have charged the driver in a fatal crash on the QEW with second-degree murder and attempted murder.

Gordon Hall, 33, of Lincoln, was killed when the Buick Allure he was a passenger in struck the guardrail near McLeod Rd. in Niagara Falls shortly after 8 p.m. on Jan. 27.

Hall was ejected from the car and hit by another vehicle. He was pronounced dead at the scene.

"I wasn't sure it was going to happen, but once I found out he was being charged, it was a relief," said Bill Hall, Gordon's father. "I know it won't bring Gord back, but I just want to see justice done."

"The OPP have been really good keeping us informed."

The driver of the vehicle that hit Hall failed to remain



Gordon Hall

at the scene and police are still searching for the driver and the vehicle.

A second passenger, a 33-year-old Grimsby man, was also ejected from the Buick. He was taken to hospital with non-life-threatening injuries. He

was Hall's best friend.

The driver had to be extricated from the Buick and transported by air ambulance to a hospital in Toronto.

"It's not every day you see a charge like this come out of a motor vehicle accident investigation, but we don't want to say too much because we don't want to jeopardize the case," said Staff Sgt. Jan Idzenga of the OPP.

Terril Nichols, 51, of Hamilton is charged with one count each of second-degree murder, attempted murder, criminal negligence causing death and criminal negligence causing bodily harm.

Nichols was held in custody pending a bail hearing.

Police ask anyone with information on the crash to contact OPP investigators at 1-888-310-1122.

bill.sawchuk@sunmedia.ca  
@bill\_sawchuk



JULIE JOSCAK/QMI AGENCY NIAGARA

One person is dead following a collision in the Fort Erie bound lanes by the McLeod Rd. exit on January 27, 2014. Julie Joscak/ St. Catharines Standard/ QMI Agency Police investigate following a collision in the Fort Erie bound lanes by the McLeod Rd. exit on January 27, 2014 where one person was killed.

■ **CRIME:** Pair arrested

## Welland two-year-old assaulted

**MARYANNE FIRTH**  
QMI Agency

Two Welland residents have been charged in relation to a serious assault on a two-year-old boy.

On Jan. 18, Niagara Regional Police and Niagara EMS were called to a Welland address for reports of a young child in medical distress.

The two-year-old child was transported to hospital with a serious head injury. He remains in hospital.

Members of the NRP's child abuse unit entered into a joint investigation with Family and Children's Services Niagara regard-

ing the incident. On Wednesday, a 34-year-old male was charged with one count of aggravated assault and two counts of recognition.

Also charged is a 24-year-old female with one count each of aggravated assault and obstruct police.

Police are not identifying the accused persons, nor their relationship to the child, so as to not identify the victim. Both persons were to appear in St. Catharines bail court.

Police said they will not be releasing any further information. Anyone with information about the alleged assault is urged to contact police at 905-735-7811, ext. 3190 or Niagara Crime Stoppers at 1-800-224-8477.

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## PREPARING FOR YOUR FINANCIAL FUTURE

By Mark Guilbeault

**State Farm® Representative**

When most of us think of investing, we immediately think of investing for retirement. While that is an important aspect to be considered, there are other pieces of the puzzle that are also important. Establishing a budget, investing early and regularly and saving for post-secondary education should also be included.

### Establish a budget

Establishing a budget is a great first step in planning your finances. A budget is a useful tool for recording all of your income and expenses. By writing down how much money you earn and spend each month, you can see where your money is going. This will assist you in being able to prioritize your expenses and needs. Any money left over can be used for saving and investing. Even a small amount of money invested regularly can help.

**Invest early and regularly, even small amounts**

One reason to start a regular investment program early is to give your money as much time as possible to grow through compounding. If you haven't started investing yet, then consider starting now and getting into the habit. Just remember that the amounts you invest do not have to be large, especially if the money is taken directly out of each pay cheque. You will be surprised how little you miss money you don't see. If you're already investing every month, look for ways to contribute more through bonuses and monetary gifts. The value of starting early is illustrated by a 25-year-old investing \$2,000 per year for 10 years at a hypothetical 10% fixed rate of return with all gains and dividends reinvested. This 25-year old would accumulate \$672,998 by age 65. A 30-year-old investing \$2,000 per year for 30 years and withdrawing \$2,000 per

dividends will have \$400,275 when he or she reaches 65.

These examples are for illustrative purposes only and do not represent any particular investment. The return and principal value of any investment will fluctuate so that your investment, when cashed in, may be worth more or less than its original cost. While a 10% rate of return may not be representative of investments currently or historically available, the hypothetical illustration does serve to reinforce that starting early can be important.

## Planning for Post-Secondary Education

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By considering all the pieces to the puzzle when developing your approach, not just retirement, you may be better prepared to meet all the expenses in your financial notebook.

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■ **INFRASTRUCTURE:** Region approves \$70-million contract



JULIE JOSEPH/QMI AGENCY NIAGARA

Niagara Region awarded the contract to replace the Burgoyne Bridge over Twelve Mile Creek to Pomerleau Inc.

## Bridge contract awarded to Quebec company

ROB HOULE  
QMI Agency Niagara

It's a go. Niagara Region councillors voted Thursday night to award the contract for the Burgoyne Bridge replacement to Pomerleau Inc. The Quebec-based company will build the bridge over Twelve Mile Creek linking St. Paul St. for \$69,909,980. There is an \$8-million contingency fund should the project run over budget. Rankin Construction was the second-lowest bidder at \$76,743,285, while the highest bid, from Aecon Construction & Materials Ltd., was \$94,609,626.

Councillors voted 22-2 in favour of awarding the contract to Pomerleau and a contract of slightly more than \$4 million to engineering firm Delcan Corp. to oversee the bridge construction.

St. Catharines Coun. Andy Petrowski voted against the bridge tender because he was opposed to Delcan getting the over-ought contract.

In 2010, Delcan estimated the bridge replacement to cost \$52.5 million. The total budget, including the \$8-million contingency fund and pre-tender costs, is now pegged at \$91.35 million.

During the public works committee meeting on Jan. 28, region transportation director Joe Cousins said staff felt early on the Delcan estimate was off the mark.

"We were assured by the consultant that based on their recent experience with designing and tendering a project ... they felt their prices were fairly accurate," Cousins told the committee.

"Fundamentally, I don't think this council should be rewarding the contractor" with the oversight contract, Petrowski said Thursday night.

"How can we turn around, as a council, and reward the original contractor, who was responsible for doing the original price estimate?"

St. Catharines Coun. Alan Caslin said it was unfair to blame Delcan for the disparity in estimate and final budget.

"There are mitigating circumstances that we've heard ... It would be unfair to blame our consultant for the pre-existing slot con-

ditions that exist beneath the bridge," Caslin said.

The "mitigating" circumstances that led to the inflated price that were revealed with a detailed geo-technical assessment included soil and slope instability that required the span of the bridge to be extended.

Pelham Mayor Dave Augustyn also said Delcan should not be blamed for the original estimate, saying it "pre-dates the environmental assessment. It pre-dates the detailed design. In the environmental assessment there were changes, different road approaches and things like that, there were detailed design changes ... addition of sidewalks, etc. It pre-dates some of the work on the geo-technical."

Port Colborne Mayor Vance Badawey also voted against tendering the project to Pomerleau and Delcan.

Badawey said Friday he voted against the bridge tender because it came in over budget.

"I believe we should have re-engineered it within budget," Badawey said. Badawey cited a similar situation when the City of Port Colborne put out a tender for its Vale Health and Wellness Centre and the bids came in over budget. He said the city re-engineered the design until it conformed to the budget set by council.

Badawey expressed concern Thursday night about who would be responsible for any budget overruns.

"If in fact the project ends up being over budget, who is going to be actually responsible for that?" Badawey said.

Cousins replied that "as the owner, we would initially be responsible for the cost of the project. If we felt there was culpability on either the part of the contractor or the consultants, we would be looking to them to remedy that situation."

Pomerleau had indicated it is prepared to start preliminary work on the bridge next week. Construction is expected to take 2½ years, meaning it would open to traffic in fall 2016.

rob.houle@sunmedia.ca

## IN BRIEF

## Doctors going to the dogs, and cats

Dr. David Salanki and staff at  
Chiropactic Associates of Port Colborne

are again taking part in the North America wide charitable project Doctors with a Heart.

The chiropactic clinic will examine and treat people for no charge on Wednesday. All consultation, treatment, exam and X-ray fees will be waived that day in exchange for a donation to Welland and District Humane Society's Port Colborne location.

Items most in need are: cash; canned dog, puppy, cat and kitten food; blankets for rescues; non-clumping cat litter;

cat cases, dog and cat cleaning products; flea-prevention products and toys.

Chiropactic Associates of Port Colborne is at 258 Kilaly St. W. in the Port Village Plaza. The clinic hours on Wednesday will be 8 a.m.

to 6 p.m. Appointments will be made on a first-come, first-served basis. To book an appointment call 905-335-1303. Donations can be left at the offices of Chiropactic Associates on that day.

For more information,

e-mail renealaurin@chiropacticassociates.com.

Doctors With A Heart is a 15,000-member non-profit organization founded in 1986 that includes dentists, chiropractors, optometrists and physicians.



AARON BOGGIO  
R.Ph. B.Sc. Pharm.



## Ask Our Pharmacists



LARRY BOGGIO  
R.Ph. B.Sc. Pharm. (owner)

### ZOSTAVAX: PREVENT SHINGLES BEFORE IT'S TOO LATE!

Shingles is caused by the same virus that causes chickenpox (varicella-zoster virus). After the chickenpox blisters heal, the virus remains dormant in nerve cells in your body. It can become reactivated after many years resulting in shingles. It is not known exactly why the virus becomes reactivated, however it is thought that having a weakened immune system along with physical trauma, UV light or stress may play a role. The risk of developing shingles increases with age and people over 50 years old are at the greatest risk. The symptoms include a painful, blistering rash that often breaks out in one part of the body, usually the chest or upper back are involved. Sometimes the pain resulting from shingles can last for weeks, months, or rarely years, after the rash heals. This lasting pain has been described as burning, aching, throbbing or stabbing and can result from something as little as a breeze or the touch of clothing on the skin. Older people are again at greater risk. Shingles may also result in skin infections at the site of the rash or scarring following healing of the rash.

Fortunately, a vaccine is now available to boost your immune system and help to prevent shingles and its complications. It is called Zostavax and is available to adults over 50 years old. The vaccine cannot be used if you are already experiencing symptoms of shingles; it is only used for prevention. The vaccine is given as a single dose by injection just under the skin of the upper arm by a doctor or trained nurse. As all medicines and vaccines can have side effects, some people may experience redness, pain, swelling, or bruising at the site of injection or headache. These are the most common unwanted effects, but they are usually minor. This vaccine was found to reduce the risk of developing shingles by about 50-70% (depending on your age) within the first year after receiving the vaccine.

Zostavax must be stored "room below -15 degrees Celsius until the day it is to be used. Only a few pharmacies currently have the correct storage facilities for this vaccine to be able to stock it. Zostavax is available from all of the Boggio Family of Pharmacy locations.

Zostavax is safe for most people, however it should not be used by anyone who:

- IS ALLERGIC TO ZOSTER VACCINE OR TO ANY OF THE INGREDIENTS OF THE MEDICATION (INCLUDING GELATIN)
- IS PREGNANT
- HAS A WEAKENED IMMUNE SYSTEM (E.G., DUE TO CANCER, HIV/AIDS, PROBLEMS WITH BONE MARROW, OR OTHER IMMUNE SYSTEM PROBLEMS)
- HAS ACTIVE UNTREATED TUBERCULOSIS
- HAS HAD A SERIOUS ALLERGIC REACTION (HIVES, FACE SWELLING, DIFFICULTY BREATHING) TO NEOMYCIN
- TAKES HIGH DOSES OF STEROIDS (E.G., PREDNISONE, METHYLPREDNISOLONE) BY INJECTION OR BY MOUTH

Since this is a relatively new vaccine, it is not known if it will provide protection from shingles for longer than 4 years.

Talk to your doctor or pharmacist for more information and advice about shingles and to find out if the Zostavax vaccine is right for you.

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# LOCAL NEWS

■ **HEALTH CARE:** Welland hospital to close

## 'The decision is now made': Health Minister

**ALLAN BENNER**  
QMI Agency Niagara

Health Minister Deb Matthews removed any remaining doubt regarding building a new hospital in Niagara Falls, despite the hopes of south Niagara residents.

"The decision has been made," she said while touring the Niagara Falls Community Health Centre Monday with Liberal by-election candidate Joyce Morroco.

Matthews said Niagara Health System chief executive officer Kevin Smith "consulted with I think 1,000-plus people" before making his recommendations.

"The site has been studied every which way and the board of the NIHS has determined that the site at Lyons (Creek Rd.) and QEW is the right site that will serve the entire region. The decision is now made."

That decision will also close all existing hospitals, including the Welland hospital site,

replacing them with the new hospital along with two free-standing urgent-care centres.

Matthews was last in Niagara Falls in late January, announcing a \$26.2-million planning grant to work toward the development of the new hospital. So how will the \$26.2-million be spent?

"Now the big decisions have to be, what services are going to be there, how do you configure it? A lot of money has to be spent on planning. This is a

huge investment in Niagara and it has to be done right," she told reporters. "We are taking our time and spending the money on planning to make sure we get the hospital the people of Niagara Falls and the Niagara Falls area deserve."

What about the people of Welland? "It's unfortunate that this has become as politicized as it has. We have a very clear position. We want a new hospital to serve the people of south Niagara and the right place for that after consultation with all sorts of experts including EMS is that the site where the sign is, is the right site," she said, referring to a sign erected by the City of Niagara Falls at the intersection of Lyons Creek and Montrose Rds.

"That site is where the new hospital will be built."

Matthews said people who have had an opportunity to visit the new hospital in St. Catharines know what a difference that makes in the delivery of health care, and the Liberal government is moving forward with plans for the Niagara Falls hospital, too.

Reminded that the existing Welland hospital serves a catchment area of 52,000 people, Matthews said the plans also call for two urgent-care centres "so the people will have access to the care they need on an urgent basis."

"But the new hospital in Niagara

Falls will be able to attract professionals who would not be attracted to the current dispersed health care here, bringing everybody under one roof in providing the care that can be provided when you have that critical mass. It's going to significantly improve access to quality of care here in south Niagara," she said.

"It's going to mean that people will not have to travel as much to get health care."

Told that people in Wainfleet are going to have to travel for up to 50 minutes to get to that location, Matthews said: "Kevin Smith made a very compelling case and I think anybody who looks at that report will be convinced that the right thing to do to improve health care here is to consolidate, but provide urgent care as well for people who need that level of care."

Asked if there are any opportunities for additional public consultation, Matthews said Smith engaged the community "in a remarkable way."

"He listened very carefully and his report reflects what he has heard. Now we're on to the next step of the planning."

"It's going to be fantastic," she said.

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ALLAN BENNER/QMI AGENCY NIAGARA

Health Minister Deb Matthews looks at a map of Niagara while touring the Niagara Falls Community Health Centre, Monday with Liberal by-election candidate Joyce Morroco and community outreach worker A.J. Heafey.

■ **RECREATION:** Plenty in store this holiday weekend in Port Colborne

# Sportsfest's snow much fun

GREG FURMINGER  
Tribune Staff

Although Niagarans are tiring of snow, Jack Frost has certainly prepared the perfect stage for this long weekend's Port Colborne Sportsfest.

"It's really nice to actually have snow and not much mud and mud," the city's events co-ordinator, Allison Kane, said while recalling one of that snow had to be trucked in for outdoor volleyball games.

She described the event running Friday to Family Day Monday as an ideal way for Niagarans to get out of their homes for plenty of fun "in a month that tends to be grey and dull."

A number of local organizations will benefit from participation fees for some of the events.

Among featured activities are the Mayor's Cup Hockey Tournament; free YMCA activities at Vale Health and Wellness Centre that include skating, swimming and gymnasium games; Friebe and snow golf; a wine and cheese tasting; soup cookoff; and a trap and skeet shoot at the Port Colborne and District Conservation Club on Second Conservation.

"We're hearing from the events that all the numbers are good, but there are some openings," Kane said.

Sold out is the FrostBike Winter Mountain Bike Race taking place at the Robin-

hood mill lands Sunday from 11 a.m. to 2 p.m.

Kane said it's a great event at which to be a spectator.

"There are bikers that they have that are (better) than my car," she quipped.

New this year is an open mic event at the Roselawn Centre, running Friday night from 7 to 11.

That night also is a name-that-tune music trivia event at the Canalside restaurant. It starts at 6 and the \$10 entry fee goes toward programs offered by Port Cares.

And also for people who aren't into sports, the South Niagara Artists guild returns with an exhibit of about 13 artists' works, at Roselawn Centre, Sunday and Monday from 10 a.m. to 4 p.m.

During its debut last year, Sportsfest Artist drew some 400 people to Jericho House in Wainfleet, said organizer and artist Wendy Malowany.

This year, a portion of sales of animal-themed art will support Niagara Wildlife Haven. More on the event can be found at <http://southniagarartists.ca/2014/01/13/sportsfest-artist-2014>.

Sportsfest is now in its 15th year offering recreational activities for all ages. It's aimed at promoting both a healthy lifestyle and the city.

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Twitter: @GregAtTheLib



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## FEBRUARY 13

### WINTER STAYCATION

Luncheon to celebrate Welland, at Welland Community Wellness Complex, at noon. Doors open 11:30 a.m. Menu: Lasagna and meatballs, garden salad, rolls, tiramisu, tea or coffee. Tickets \$13 for passholders or \$14 (\$2 savings if bought before Jan. 31). No tickets at the door. Call 905-735-1700 ext. 4000 before Feb. 7.

### PASTA NIGHT

at Casa Dante. Takeout dinners for \$8, 3p.m. to 6:30 p.m. Sauce, meatballs, minestrone soup and pasta fagioli are also available for takeout.

### PHILOSOPHER'S CAFÉ

at Wainfleet Township Public Library at 6:30 p.m. Drop by for a lively discussion

on short-term, long-term thinking. All welcome.

### VALENTINE'S DAY

tea and talk at Haldimand County Museum and Archives featuring chocolate tasting, homemade scores, door prizes and much more. Time 1 p.m.; cost \$10. Register at 1-905-772-5880

## FEBRUARY 14

### VALENTINE'S DAY CRAFTS

at Wainfleet Township Public Library, 2:30 p.m. to 3:30 p.m. (public school early release day). For children in kindergarten to Grade 6. Call 905-899-1277 to pre-register as spaces are limited.

Continued on Page 22



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From Page 20

## FEBRUARY 15

### VALENTINE WINE AND CHEESE

event sponsored by Knights of Columbus, Fonthill, at St. Alexander church, 50 Pelham Town Sq., 7 p.m. to 9 p.m. Cost is \$10 a person, and includes a glass of red or white wine served with cheeses and snacks.

### VALENTINE'S DINNER DANCE

hosted by Le Centre Polyvalent des Aînés Francophones de Port Colborne golden age club, at 184 Mitchell St. in Port Colborne. Doors open at 5:30 p.m. Enjoy a home-cooked meal and then dance the night away to music provided by "Gino Frisky". Tickets are \$25 each, which includes the above and a complimentary glass of wine. To reserve tickets or for more info call 905-534-0683.

### PASTA DINNER

hosted by Fonthill Lions at their Hwy. 20 hall, 4 p.m. to 7 p.m. Adults \$10, children (under 12) \$6. Takeout available. Cash bar.

### NIAGARA BONSAI SOCIETY

has a discussion on and display of Bonsai containers. St. Mark's Church, Addition Hall, 41 Byron St., Niagara-on-the-Lake, at 1:30 p.m. For information e-mail niagarabonsai@gmail.com.

# INPORT DATEBOOK

## FEBRUARY 16

### SPECIAL PORK LUNCH

at the Hungarian Hall, 361 Helems Ave., Welland at 12-30 p.m. Vegetable soup, sauerkraut with pork, sausage, rice sausage, potatoes, salad, coffee, tea, dessert. Adults \$20, students (seventeen to 14) \$10. For tickets call Anna at 905-735-0959, Eva at 905-734-3593 or Tibor at 905-735-6447.

### ARTERNO DANCE

at the Royal Canadian Legion Branch 4 banquet hall, 2 p.m. to 6 p.m. Entertainment by Jacques and Linda. Cost is \$5 a person and includes food, fun and more. Tickets are \$7 at the canteen or at the door.

## FEBRUARY 18

### WELLAND RIVER KEEPERS

Ministry of Natural Resources management biologist Anne Yagi and fish and wildlife technician Jack Blott will meet with Welland River Keepers members at the Niagara Peninsula Conservation Authority offices, third floor, 250 Thorold Rd. W., at 7 p.m. They will discuss their Niagara River Fish Community Report focusing on recommendations for habitat work on the Welland River, including discussion of possible impacts to habitat from changes in the height of the river fluctuation. The public is invited to attend and participate in the discussion.

## POINT ABINO LIGHTSTATION

Preservation Society (PALPS) general meeting at the Crystal Ridge Library, 89 Ridge Rd. S., Ridgeway. Guest speaker Patrick Little shares the history and restoration of the Point Dalhousie Lighthouse. Business 6:30 p.m. Refreshments 7:30 p.m. Guest speaker: 7:45 p.m. All welcome.

### CARD MAKING WORKSHOP

Learn different techniques to make six cards suitable for a number of occasions, at Pelham Public Library, 10 a.m. to 12:30 p.m. Fee of \$10 includes most materials. Register ahead.

### VHF MARINE RADIO COURSE

offered by Port Colborne Power and Sail Squadron, Feb 18, 19 and 21, 7 p.m. to 9:30 p.m. at Church of Jesus Christ of Latter-day Saints, Welland. Cost \$75. Some pre-study required. Register at [www.boatingcourses.ca](http://www.boatingcourses.ca).

## FEBRUARY 19

### WELLAND HORTICULTURAL

Society meets at Vermeer's Garden Centre, 684 South Portland Centre, at 6:30 p.m. Floral arrangements to be made. Preregistration for arrangements. For information call 905-735-5132.

## FEBRUARY 20

### LEGO

at Wainfleet Township Public

Library 6 p.m. to 7:30 p.m.

Children of all ages can drop-in during this time to build a Lego or Duplo creation. Please do not bring your own Lego.

## FEBRUARY 21

### TRIVIA NIGHT FUNDRAISER

for Pelham Centre School, 6:30 p.m. at Old Pelham Town Hall, 491 Canboro Rd. Tickets are \$10 and include games, pizza and snacks. Also available: cash bar, 50/50 draw, silent auction, door prizes. Put together a team of five for a fun night out.

### FISH FRY

at the Royal Canadian Legion Branch 4 banquet hall, 4 p.m. to 7 p.m. Haddock, french fries, cole slaw and bun for \$9 a person.

## FEBRUARY 22

### WRITING WORKSHOP

with Larry Brown at Pelham Public Library, bring your pen and lots of paper, or your laptop, and your enthusiasm. Suitable for beginners and more experienced writers. Brown, of Brantford, is the author of two story collections, Talk (Oberon Press 2009) and Satellite (eBook, Kobo Books 2012). This event costs \$50 and runs 10 a.m. to 5 p.m. Register in advance.

### SOUPEFIC TASTING

Receive your passport to sample eight soups from

around the world, at Central United Church, 12 Young St., Welland. Sitings at 11 a.m. and noon. Tickets are \$10 in support of Welland Heritage Council and Multicultural Centre. Call 905-732-5337 for tickets; only 300 available.

### CHANGE YOUR MIND

Change Your Life Workshop. Emotional Freedom Technique is an energy tool to clear stress and anxiety; breaking free from negative thinking and low self-esteem. Time 1:30 pm to 4:30 p.m. at Welland Community Wellness Complex, 145 Lincoln St. Cost \$20. Call 905-788-3216 to reserve a space.

### PROGRESSIVE EUCHRE

hosted by Fonthill Lionsess at the Fonthill Lions Hall, 7 p.m., \$5 a person. Light meal served. Prizes.

## FEBRUARY 24

### ADULT BOOK CLUB

at Wainfleet Township Public Library at 6:30 p.m. This month's selection is Annie Freeman's Fabulous Traveling Funeral, by Kris Radish. To obtain a copy of the book, please register as a book club member.

### PELHAM HORTICULTURAL

Society meets 7:30 p.m. at the Fonthill Library. Tony Post, sales consultant at Valleybrook Gardens, speaks on new perennials for 2014.

## HEARING CLINIC

Connect Hearing will be at Pelham Public Library giving free hearing screenings and answering any questions. Free but please schedule your appointment ahead: 905-892-6068. Runs 10:30 a.m. to 1 p.m.

## FEBRUARY 25

### AFTER CANCER, NOW WHAT?

Cancer survivorship is a broad term that actually begins at diagnosis. It describes experiences patients must deal with throughout their cancer journey. These challenges can affect mind, body and spirit. Join Lorraine Huley, a radiation therapist and health advocate from Niagara Health Partners, to learn about the challenges survivors face and the resources that are available to manage the "new normal." This takes place at Pelham Public Library at 6 p.m. Cost \$2. Register in advance.

## FEBRUARY 26

### THE BLIZZARD OF '77

Erno Rossi, author of White Death: The Blizzard of '77, evokes the triumph and tragedy of the regional national history event of the 20th century through photos and personal stories during his 7 p.m. presentation at Dunnville Public Library. Admission is free, donations welcome. Reservations are required. E-mail [dunnvilleheritage@gmail.com](mailto:dunnvilleheritage@gmail.com) or call 905-701-8238.

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## 90-SECOND CIRCULATION BOOSTER

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance, or the increased "senior moments"? The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O).

**OVER 40 LOSING CRUCIAL RESERVES**  
N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that N-O, in fact, your body don't produce enough N-O. In fact, your body produces less than half of what it did at 20.

**NOBEL PRIZE WINNING DISCOVERY**  
Three researchers received the 2012 Nobel Prize for this discovery. One of the winners says, "There may be no disease process where this miracle molecule does not have a protective role."



## GOOD NEWS FOR BOOMERS!

Researchers reported "that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system."

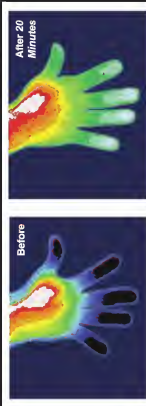
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Light = Increased Blood Flow

**Dark = Low Blood Flow**  
Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

## NATURAL RESULTS YOU CAN FEEL

Lee L., from CA, was stunned with her results. "I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!"

Ronald D. TX explains, "The results were noticeable overnight. I had more energy and was able to focus more readily."

## BEE & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the plantain combining of red beet and Hawthorn berry.

The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

## BOOST BLOOD FLOW & OXYGEN

### STARTING IN 20 MINUTES!

"I recommend this lozenges because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes," affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment.

## CLINICALLY SHOWN TO HELP YOUR BODY:

- Reduce triglyceride levels (27% average in 30 days)
- Improve sexual performance through improved circulation
- Support healthy blood pressure
- Increase the body's circulation
- Support cardiovascular and heart health
- Improve artery health



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